













Cycle I, 2018				Rockport Senior Living			Week 1
Meal	Sunday April 29, 2018	Monday April 30, 2018	Tuesday May 1, 2018	Wednesday May 2, 2018	Thursday May 3, 2018	Friday May 4, 2018	Saturday May 5, 2018
B R E A K F A S T	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Scrambled Eggs Bacon Toast OR Cold or Hot Cereal Whole Fruit 	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry Grape, Tomato Juice, Milk Coffee or Tea Corn Beef Hash with Egg Fresh Fruit OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Cranberry, Grape, Tomato Juice, Milk Coffee or Tea Pancakes with Butter/Syrup Sausage OR Cold or Hot Cereal Whole Fruit 	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea
L U N C H	BBQ Ribs JoJo Potatoes Baked Beans Baked Dinner Rolls Butter/Margarine Cherry Cobbler ala Mode Beverage of Choice 	Chicken and Rice Soup Fish Sandwich with Tartar Sauce Cole Slaw Pear Delight Beverage of Choice	Navy Bean Soup Turkey Club with Lettuce and Tomato Greek Pasta Salad Apple Cherry Jello Beverage of Choice	Vegetable Alphabet Soup Roman Burger with Lettuce and Tomato French Fries Cottage Cheese with Fruit Beverage of Choice	Ham, Potato and Corn Chowder Panko Chicken Sandwich with Lettuce and Tomato Macaroni Salad Mandarine Oranges Beverage of Choice 	Beef Stroganoff Soup Steak-Um Sandwich with Mushrooms and Cheese Breaded Zucchini Apple Sauce Beverage of Choice	CINCO DE MAYO LUNCHEON OLE' 
D I N N E R	Rancher Chicken Sandwich with Lettuce and Tomato Hash Browns Fresh Fruit Ice Cream Treats Beverage of Choice	Beef and Macaroni Whole Green Beans Caesar Salad Garlic Toast Tapioca Pudding Beverage of Choice	Baked Ham with Pineapple Sauce Sweet Potatoes Peas Fresh Baked Dinner Rolls Butter/Margarine Metaxia's Special Dessert Beverage of Choice 	Veal Paprikash over Dumplings Malibu Vegetables Fresh Baked Dinner Rolls Butter/Margarine Apple Pie Beverage of Choice	Country Fried Steak Mashed Potatoes Country Gravy Corn Fresh Baked Biscuits Black Forest Cake Beverage of Choice	Beef Battered Shrimp Roasted Potatoes Broccoli Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Sundaes Beverage of Choice 	Yankee Pot Roast over Noodles Carrots Fresh Baked Dinner Rolls Butter/Margarine Angel Food Cake with Strawberries Beverage of Choice
A L T	Gooseliver Sandwich or Cobb Salad	Gooseliver Sandwich or Cobb Salad	Gooseliver Sandwich or Cobb Salad	Gooseliver Sandwich or Cobb Salad	Gooseliver Sandwich or Cobb Salad	Gooseliver Sandwich or Cobb Salad	Gooseliver Sandwich or Cobb Salad

Beverages of Choice: Coffee (Regular/Decaf)  
 Milk, Ice Tea, Hot Tea, Orange, Cranberry and  
 Vegetable Juices  
 Crackers offered with all soups

Sugar Free or Low Sugar Desserts  
 Available Upon Request  
 - - *Cygnel Menu Management System®*  
 U.S. Foodservice™

\*There may be some variation of items served according to the likes and dislikes.

Cycle I, 2018		Rockport Senior Living						Week 2
Meal	Sunday May 6, 2018	Monday May 7, 2018	Tuesday May 8, 2018	Wednesday May 9, 2018	Thursday May10, 2018	Friday May 11, 2018	Saturday May 12, 2018	
B R E A K F A S T	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Egg, Cheese and Sausage Biscuit Sandwich Fresh Fruit OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Scrambled Eggs Bacon Fresh Baked Muffins OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea French Toast with Butter and Syrup Sausage OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	
L U N C H	Honey Baked Ham Baked Sweet Potato Capri Vegetables Fresh Baked Dinner Rolls Butter/Margarine Mixed Fruit Pie Beverage of Choice 	Dave's Cabbage Soup Turkey ala King Over Biscuits Mixed Vegetables Sliced Peaches Beverage of Choice	Garden Vegetable Rice Soup Grilled Hot Dogs Potato Salad Tropical Fruit Beverage of Choice	Chicken Noodle Soup Triple Grilled Cheese Sandwich Breaded Vegetables Pineapple Beverage of Choice 	Cream of Spinach Soup Stuffed Chicken Breast with Broccoli and Cheese Glazed Carrots Forest Pears Beverage of Choice	<b>SPECIAL LADIES LUNCHEON IN HONOR OF MOTHER'S DAY</b>  Gentlemen's Meals will be delivered to their Suite	Minestrone Soup Cheese Lasagna Roll Ups Tossed Salad Cinnamon Apple Sauce Beverage of Choice	
D I N N E R	Chicken Sliders Tomato Cucumber Salad Quartered Oranges Fresh Baked Cookies Beverage of Choice	Beef Stew over Dumplings 3-Bean Salad Corn Muffins Raspberry Sorbet Beverage of Choice 	Spaghetti with Meat Sauce Poppyseed Salad Garlic Toast Metaxia's Special Dessert Beverage of Choice	BBQ Pork Tenderloin Roasted Sweet Potatoes Green Beans Fresh Baked Dinner Rolls Butter/Margarine Black Forest Cake Beverage of Choice	Stuffed Peppers Mashed Potatoes Corn Fresh Baked Dinner Rolls Butter/Margarine Fruit Crisp Beverage of Choice 	Fish and Chips Cole Slaw Fruited Jello Garlic Buttered Biscuits Ice Cream Treats Beverage of Choice	Smothered Swiss Steak Scalloped Potatoes Peas and Carrots Fresh Baked Dinner Rolls Butter/Margarine Peach Cobbler Beverage of Choice	
A L T	Roast Beef Sandwich or Italian Salad	Roast Beef Sandwich or Italian Salad	Roast Beef Sandwich or Italian Salad	Roast Beef Sandwich or Italian Salad	Roast Beef Sandwich or Italian Salad	Roast Beef Sandwich or Italian Salad	Roast Beef Sandwich or Italian Salad	

Beverages of Choice: Coffee (Regular/Decaf)  
Milk, Ice Tea, Hot Tea, Orange, Cranberry and  
Vegetable Juices  
Crackers offered with all soups

Sugar Free or Low Sugar Desserts  
Available Upon Request

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Milk, Ice Tea, Hot Tea, Orange, Cranberry and  
Vegetable Juices  
Crackers offered with all soups**






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### Week At a Glance - Non Select

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\*There may be some variation of items served according to the likes and dislikes.

Cycle I, 2018				Rockport Senior Living			Week 4
Meal	Sunday April 22, 2018	Monday April 23, 2018	Tuesday April 24, 2018	Wednesday April 25, 2018	Thursday April 26, 2018	Friday April 27, 2018	Saturday April 28, 2018
B R E A K F A S T	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea Cheese Omelet Link Sausage Toast OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	Orange, Grape, Cranberry, Tomato Juice, Milk Coffee or Tea French Toast with Syrup and Butter Bacon OR Cold or Hot Cereal Whole Fruit	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea	BREAKFAST BUFFET 9-1 	Assorted Juices Cold or Hot Cereal Hard Boiled Eggs Fresh Cut/Whole Fruit Yogurt Breakfast Bread Danish/Donuts Peanut Butter/Jelly Margarine/Butter Milk Coffee or Tea
L U N C H	Bacon Wrapped Steak Brussel Sprouts Baked Potato with Sour Cream and Butter Fresh Baked Dinner Rolls Butter/Margarine Blueberry Pie Beverage of Choice	Cheesy Broccoli Soup BBQ Beef Sandwich Onion Rings Pineapples and Cherries Beverage of Choice	Vegetable Barley Soup Popcorn Shrimp with Cocktail Sauce Cole Slaw Sliced Peaches Beverage of Choice 	Cream of Chicken Noodle Soup Open Face Salisbury Steak Mashed Potatoes Heavenly Hash Beverage of Choice	Ham and Potato Soup Country Chicken Bowl Carrots Rosey Apple Slices Beverage of Choice	BREAKFAST BUFFET 9-1 EVERYONE WELCOME! 	Minestrone Soup Cheese Manicotti Tossed Salad Breadstix Diced Pears Beverage of Choice
D I N N E R	Hot Dogs Baked Beans Whole Fruit Chocolate Eclairs Beverage of Choice 	Chicken Fettuccini Alfredo with Broccoli Garlic Toast Carrot Cake Beverage of Choice	Beef Stew over Dumplings Peas Mini Croissants 3-Bean Salad Metaxia's Special Dessert Beverage of Choice	Sweet & Sour Pork White Rice Asparagus and Red Peppers Fresh Baked Dinner Rolls Butter/Margarine Lemon Mousse Beverage of Choice	Turkey Bake Malibu Vegetables Cranberry Sauce Fresh Baked Dinner Rolls Butter/Margarine Chocolate Meringue Pie Beverage of Choice 	Baked Cod Cabbage and Noodles Beet Salad Fresh Baked Dinner Rolls Butter/Margarine Ice Cream Beverage of Choice	Pork City Chicken Mashed Potatoes Corn Biscuits Caramel Cheese Cake Beverage of Choice
A L T	PBJ Sandwich or Spinach Bacon Salad	PBJ Sandwich or Spinach Bacon Salad	PBJ Sandwich or Spinach Bacon Salad	PBJ Sandwich or Spinach Bacon Salad	PBJ Sandwich or Spinach Bacon Salad	PBJ Sandwich or Spinach Bacon Salad	PBJ Sandwich or Spinach Bacon Salad

Beverages of Choice: Coffee (Regular/Decaf)  
Milk, Ice Tea, Hot Tea, Orange, Cranberry and  
Vegetable Juices  
Crackers offered with all Soups

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